

What is claimed is:

1. An adjustable-length tube (10, 110), especially for sticks, having at least one outer tube (12, 112) and one inner tube (11, 111) that can be inserted telescope-like into the outer tube (12, 112)  
5 for adjusting the length of the tube, and having a spreading device (15, 115) that is supported at the insertion end of the inner tube (11, 111), the spreading device being able to clamp the inner tube (11, 111) axially in the outer tube (12, 112) and having a spreading element (16, 116) that can be radially pressed apart and is furnished with an inner cone (27, 127), an interior element (17, 117) that is provided with a reverse-oriented outer cone (22, 122) and is accommodated in  
10 the spreading element (16, 116) so as to be axially movable, and an adjusting screw (18, 118) that is axially oriented and is supported in a rotationally fixed manner on the inner tube (11, 111), the adjusting screw having an operational connection to an internally threaded bore (21, 121) in the interior element (17, 117), wherein the inner cone (27, 127) of the spreading element (16, 116) is situated such that it opens in the direction of the inner tube (11, 111), and the  
15 spreading element (16, 116) is supported between an inner limit stop (28, 128) on the inner tube (11, 111) and an exterior limit stop (26, 126) on the free end of the adjusting screw (18, 118), so as to be axially movable within narrow limits.
2. The adjustable-length tube as recited in Claim 1, wherein the spreading element (16, 116) is  
20 configured in a pot-like fashion, and the pot base (36, 136) is penetrated by the free end area of the adjusting screw (18, 118) that is facing away from the inner tube (11, 111).
3. The adjustable-length tube as recited in Claim 1 or 2, wherein the spreading element (16, 116) has a cylindrical shoulder (38, 138) having a smaller exterior diameter and facing the inner tube  
25 (11, 111), the shoulder being axially guided at one area of the insertion end of the inner tube (11, 111).
4. The adjustable-length tube as recited in at least one of Claims 1 through 3, wherein the exterior limit stop (26) is formed by a cap (26) that is axially secured and is placed onto the free  
30 end of the adjusting screw (18) after the spreading element (16) has been set in place.

5. The adjustable-length tube as recited in at least one of Claims 1 through 3, wherein the exterior limit stop (126) is formed by a head (126') that is molded onto the free end of the adjusting screw (118), and the spreading element (116) is provided on a peripheral area with a slot (148) that runs over the entire axial length.

6. The adjustable-length tube as recited in at least one of the preceding claims, wherein the spreading device (15, 115) has a plug (19, 119) that accommodates the adjusting screw (18, 118) in an axial and rotationally fixed manner, the plug being supported axially and in a rotationally fixed manner in the inner tube (11, 111) and forming the inner limit stop (28, 128), from which a  
10 guide pin (33, 133) axially stands out for the cylindrical shoulder (38, 138) of the spreading element.

7. The adjustable-length tube as recited in at least one of the preceding claims, wherein the interior element (17, 117) that is provided with the outer cone (22, 122) has one or more radial fins (41, 42; 141, 142), which are guided in axial slots (43, 44; 143, 144) of the spreading element (16, 116).